

inserting into said bore said spinal implant having opposed arcuate portions in an angular relationship to one another along the length of said implant and oriented toward the adjacent vertebral bodies.

19. The method of claim 18, wherein said inserting step includes the sub-step of inserting said implant having a generally frusto-conical configuration.

20. The method of claim 19, wherein said inserting step includes the sub-step of inserting said implant having a generally round cross section transverse to the longitudinal axis of said implant.

B¹ 21. The method of claim 18, wherein said inserting step includes the sub-step of inserting said implant having a generally oval cross section transverse to the longitudinal axis of said implant.

22. The method of claim 18, wherein said inserting step includes the sub-step of inserting said implant having at least one truncated side.

23. The method of claim 18, wherein the distracting step includes the sub-step of inducing angulation to the adjacent vertebral bodies

24. The method of claim 18, wherein the distracting step includes the step of inserting a spinal distractor into the disc space between the adjacent vertebral bodies.

✓ 25. The method of claim 24, further comprising the step of positioning a sleeve over said spinal distractor and into contact with the adjacent vertebral bodies.

✓ 26. The method of claim 18, wherein the distracting step includes the step of positioning a sleeve having an extension for insertion into the disc space and for bearing against end plates of the adjacent vertebral bodies.

✓ 27. The method of claim 26, wherein the step of inserting includes the sub-step of inserting said implant through said sleeve and into the bore.

✗ 28. The method of claim 26, wherein the positioning step includes the sub-step of inducing angulation to the adjacent vertebral bodies.

29. The method of claim 18, wherein the forming step includes the sub-step selected from one of milling and drilling the bore.

B 30. The method of claim 18, wherein the forming step further comprises the sub-step of placing a drill having a diameter greater than the disc space through said sleeve prior to the sub-step of drilling.

✓ 31. The method of claim 18, further comprising the step of loading said implant with a material selected from one of a fusion promoting substance, a bone growth promoting material, bone morphogenetic protein, and bone prior to the step of inserting.

✓ 32. The method of claim 18, further comprising the step of coating said implant with a material selected from one of bone morphogenic protein, a fusion promoting substance, and a bone growth promoting material prior to the step of inserting.

✓ 33. The method of claim 18, wherein the step of inserting includes inserting an implant containing a material selected from one of a fusion promoting substance, a bone growth promoting material, bone morphogenetic protein, and bone.

✓ 34. The method of claim 18, wherein the step of inserting includes inserting an implant comprising a material selected from one of a bone growth promoting material, bone morphogenetic protein, and bone.